



# Snacks

Here are some ideas for packing snacks for Wagon Train. While it may be tempting to bring Jerky, Cliff Bars, and traditional backpacking snacks remember that we will be hiking for more than a week and we need to help our bodies recover as best as we can and choose snacks that help do that. In my experience it has been important to bring snacks with a high moisture content



and a lot of variety. A Cliff bar can take as much as an ADDITIONAL liter of water to aid



with digestion. Give yourself a variety to choose from such as salty, sweet, protein, crunchy, carbs, etc. Listen to your body, what you are craving is probably what you need when exerting yourself. Bring lots of drink mixes, as I find myself more apt to drink flavored water than just plain water as well as these help to replace lost salts and sugars. Variety is key and keep very dry snacks to a minimum as they will pull additional water from your



body to aid in digestion. Too many crunchy or hard snacks can exert your jaw muscles and lead to tension headaches. We burn lots of calories on this trek and it is encouraged to pack healthy snacks but also consider some sweets for variety. Breakfast and dinner that are provided are plentiful and hearty, lunch on the trail is also provided but basic so you can supplement that with snacks along the way that suit your needs and tastes. You will also want some snacks to nibble



while you are hiking or stopped momentarily. Some ideas for snacks include: **Sweet/Sugar:** chocolate, fruit snacks, gummies, fruit roll ups, hard candy, cookies, candy bars, licorice, Rice Krispy bars,



prepackaged small pastries, single serving jelly/jam, honey, fruit pies, dry cereal, caramels.

**Protein:** jerky, nuts, seeds, single serving peanut butter, nut and fruit bars, trail mix, tuna packets, pepperoni. **Carbs:** granola and granola bars, rice cakes. **Soft:** cashews, butter mints, dried fruit, pudding, small muffins, applesauce, fig bars, fruit cups.



**Salty:** pretzels, chex mix, crackers. **Cheesy:** goldfish, cheez its, squeeze cheese. **Some things to avoid are** gum (compounds dehydration), dried kiwi and prunes (diuretic), snacks that spoil or melt from heat, soda, and overly condensed protein bars such as Cliff Bar original. Variety is important, so keep excessively salty, exceedingly sugary, freeze dried and very dry snacks to a minimum. It is not necessary to pack all of your snacks with you either. Keep your main snack stash in your bucket and get out only what you need for the day. Always pack your daily snacks in a Ziploc bag so any spills are contained and you have a closable



bag for your garbage.

